

## **MULTI-USE PILLOW AND METHODS**

### **ABSTRACT OF THE DISCLOSURE**

A pillow comprises a pillow body having a midsection and a pair of ends. The pillow body is curved with an average radius of curvature in the range from about 6 inches to about 16 inches. The pillow also has a length from one end to the other that is in the range from about 21 inches to about 42 inches. The pillow is both flexible and firm to permit it to wrap around a user.

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